

Therapist Soup

Just Stop It!!!



If you have not seen this funny video - it's worth your time.

<https://www.youtube.com/watch?v=Ow0lr63y4Mw>

The Most Important Thing in Changing Human Behavior is the Person's Motivation

-Milton H. Erickson

I wish just saying "Stop It" worked. Change is Tough!! Even when we know that stopping a bad habit and/or starting a new healthy habit will only bring good it is still difficult. We all have a homeostasis: a comfortable place. We are used to this comfy spot. We can predict it. There are no surprises in our little comfy bubble. Because of this - it is quite a challenge to go against it even if our homeostasis is filled with guaranteed misery.

James Prochaska, from the University of Rhode Island, has found that people who have successfully made positive change in their lives go through five specific stages: precontemplation, contemplation, preparation, action, and maintenance.

Stages of Change

1. **Precontemplation** is the stage at which there is no intention to change behavior in the foreseeable future. Many individuals in this stage are unaware or under-aware of their problems." Some people call this phase "denial."
2. **Contemplation** is the stage in which people are aware that a problem exists and are seriously thinking about overcoming it but have not yet made a commitment to take action. Many people in this stage can be described as ambivalent.
3. **Preparation** stage can be considered the information gathering and planning stage. The preparation stage is the most important. Fifty percent of the people who attempt behavior change and skip this stage will relapse within 21 days, according to Prochaska in his book, Changing for Good.
4. **Action** is the stage in which individuals modify their behavior, experiences, or environment in order to overcome their problems. Action involves the most overt behavioral changes and requires considerable commitment of time and energy. During the action stage, one implements the plans developed and information gathered in the preparation stage.
5. **Maintenance** is the stage in which people work to prevent relapse and consolidate the gains attained during action.

If you are experiencing levels of Anxiety or Depression that are causing thoughts of self-harm - please seek immediate help by calling 911 or going to your nearest emergency room.

If you feel like you are having a hard time managing and would like professional help please contact my office:

[Make a Counseling Appointment](#)